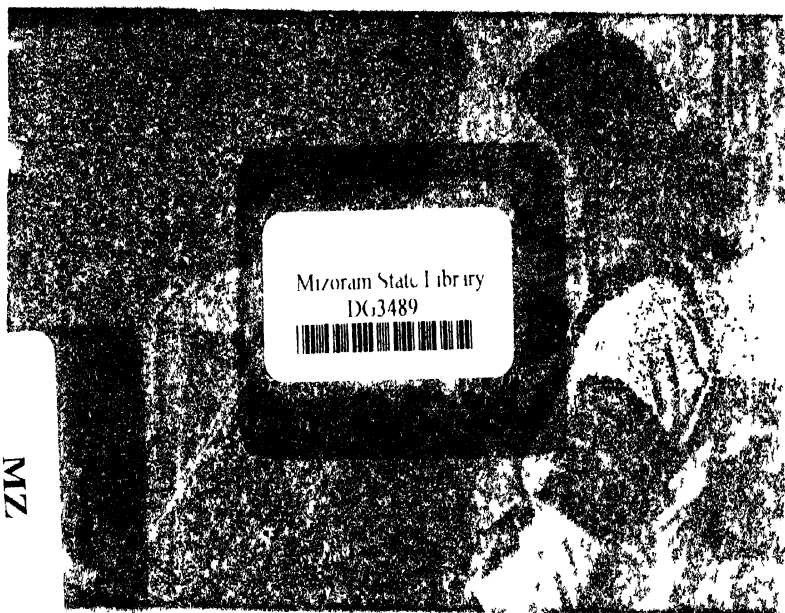


MIZO PUAN TAH

By
Thankhumi



STATE PRIMARY CURRICULUM DEVELOPMENT CELL,
STATE COUNCIL OF EDUCATIONAL RESEARCH
AND TRAINING MIZORAM, AIZAWL.

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THUHMAHRUAI

Mizote hi puan taha eizawng chu kan ni hauh lo na a, kan hnam ro hlu tak a ni a. Kan puante hi hnam dangin an ngaisang hle a ni. Chutiang a nih avang leh kan hnam ro hlu tak a nih bawh avangin kan chhawm nun zel hi a tul a. Kan thangthar nulate'n an ngaih-san zel theihna turin a bu hial chhuah hi thil tul a nih hriain UNICEF puihnain kan han ti-chhuak ta rawi a. A ziaktu Pi Thankhumi hian hetiang lamah hian rilru a lo hmang hle tawh thin a. Tuna hetiang bu a han zia chhuak thei hi a lawmawm em em mai. Khaw-tlang inzirtirna bakah hmun zau zawkah tangkai zawka kan lo hman ka beisei.

F.Lallura
Officer on Special Duty
SCERT
&
Coordinator
Unicef Aided Project,
Mizoram.

ZIAKIU THUHMA

Mizo hmeichhiate them thiamna leh hna pucl duhawm leh chhuanawm tak mai 'PUAN-TAH' chanchin hi ziaak chhuah tul leh tha ka tih em em thin a ni a. Nimahsela, puantah thiam berte zing ami pawh ka nih ka ring si lo va, famkim tha tawka ziah chhuah a harsae ka rin avangin ka ziaak lem lo va.

Tun lai kan ram zirna kalhmang thar 'New Pattern' ah kan inhlal loh takna avanga a tul-na avangin UNICEF Project III na hnuaiah ziaak tura an ruatin a hman tak loh avangin Pu F.Lallura, OSD, SCERT, Mizoram chuan he subject 'Weaving for 15—25 age group' tih hi ziaak turin min han sawm ta a. Ka hriat atanga ni 15 chhung lek kha hun awm a nih avangin hnawhsarum takin keime mimal hriatna ang angin ka han ziaak ta sawk sawk mai a ni a. Mahse, hun min pek belh leh hlek avangin tun hi ka han tlin thei hram chauh a ni.

Kan Mizo fate themthiamna chhui chhuah leh kan hnam ro thil atana vawn reng tura buatsaih chu thil tul leh tha leh tih tur pawimawh tak nia ka lo hriat ve thin a nih bawka avangin ka theih ang tawkin ka han bei ve a.

Duh thu pawh a sam lo hle ang tih ka ring a.
Puantah thiam tak tak leh mi dangte kaihruai
tura ziaak thiam zawk pawh tam tak an awm
ngei ang a. Chuvangin he ka lehkhabu han
ziaak hi a that tawh lohna leh ziah te lawm tha
zawh tak tak hriate chuan min han hriattir ula,
lawm takin lo ennawn leh a tha tur ang a lo
siam zel chu ka duhthusam a ni.

THANKHUMI.

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PUAN TAH

Puantah hi thiam thil hlui leh hlun tak a ni a. Tun hma kum 6000 laiah pawh khan Aigupta mite chuan an lo thiam tawh a. Puan-tah chu lazai a dung zawnga kal leh a vang zawnga kal inkalha intah nghet tlat hi a ni a. A dung zawnga kal chu a 'tung' a ni a, a vang zawnga kal chu a 'phei' a ni. Khawvel history a chhui phak hma lamah pawh silhfen siam hi an lo thiam tawh a. Pathian Lehkhabuah pawh puan tahtu themtleng leh puanbu zial thute a lo inziak tawh a. Chuvangin mihring saruak tuam mawina tura silhfen siam hi Pathianin mihring-te hnenah thiamna a rawn pe nghal ni ngei tur a ni. Chutiang chuan khawvel mihringte finna a lo san chhoh zel angin, a fing hmasa apiangin silhfen siam an lo thiam hmasain, a tha zawk a siamte an lo thiam zel a. Khaw chhak leh khaw thlang hnam fing hmasate chuan, keini Mizote hi hnam hming pu pawh kan nih ve hma atang tawhin, maimaw zai sin tha leh mawi tak tak, rangkachak zei phum tela puan chei mawi te an lo thiam tawh a ni.

Mizote pawhin hun engemaw chen chu silhfen siam kan lo thiam ve tawh a. La a silhfen siam kan thiam hmain kan thlahtute

chuan, hruikhauvin siapsuap an lo siamin an lo feng thin tawh a. La aṭanga puan siam an lo thiam tak hnuah siapsuap chu an lo ban ta a ni.

La aṭanga puan siam hi khawi lam aṭanga an thiam nge tih leh eng hun lai aṭanga an thiam nge tih hi kan chhui chhuak thei tawh lovang a. Kan thlehtuten tuna kan ram luah lai an lo thlen hma daih pawhin puan silh siam hi an lo thiam tawh a nih a rinawm a ni. Engpawh nise kan chhui phak tawh ang angin la chu an chin aṭangin puan an siam puitlin dan leh an hmanruate erawh chu kan sawi thei ang chu.

Tunlai te pheih chuan khawpuia sei lian tam tak chuan la kung leh la aṭanga puan siam puitlin thlenga a hmanruate pawh kan hre tawh hlawm lo mai thei a; a hmanruate pawh a hman dan thiam kim lo tam tak kan ni tawh hlawm ngei ang. Vai lam thiam thil kan rin ve phak achinah kan Mizo upate thil lo thiam chu kan thlah thlam tial tial a. Vai siamsa la te chu a tah a lo awlin a nalh duh zawk bawh si a. La hum her leh sai chawpa, han kaih leh te chu hun pawh a lo duh rei bawh si a. Chuvangin thangtharte chuan kan Mizo pi puten an silhfen siam thin dan chu kan lo bansan fel

ta hle a ni. Amaherawhchu, kan pi pute lo thawhrimna te, thil tam tak an lo thiam chhoh zel avangte leh an rem hriatna tam tak lo thang chho zel avangin tun hun hi lo thleng kan ni a. An thiam ang tawka chhungkua phuisui tura an thawh nasatzia hi kan thlir let a, an thawh rim leh an taimak ziate, an themthiam ziate hi kan chhut chhuaha kan zir ve hi thil tha tak a ni ang.

Tichuan, La chin atanga puan chi hrang hrang, pawnpui, puankawp, puan hlap chi hrang hrang, pawndum, pawnfen, kawr leh ipte te thlenga an intodelh dan i lo thlir teh ang u.

A hmasain LA hi engnge ni? Puana tah tur lazai hi amahin a lo chhuak mai em ni ang tiin ngaihtuah ta ila. Tunlai chuan laduang hi dawr aʃangin kan lei a, puana tah turin kan buatsaih mai ʃhin a ni si a.

La chu thlai kung (plant) chi khat a ni a. A kung chu 'la' kan ti mai a, 'la kung' te pawh kan ti bawk a. La hi chi hnih a awm a; la kung pangngai, kum tina chin chi leh 'la-thing' a kung kum hlun chi a ni a. La-thing hi chu an ching em em lo. Mizovin kan chin ber chu kum tina chin chi hi a ni. La hi rawng chi hnih a awm a, la var leh la uk a ni. Hemi rawng chi hnih chauh hi la chuan ama pian chhuahpui rawng a neih chu a ni. Tin, la a nem leh nem loh kawngah chi hnih a awm leh a, chu chu *lafang* leh *lapui* an ni.

La chi chu a rah chhunga a mu hi a ni a. La mu chu kangvarah an theh a, buh karah a lo ʃo ve a, buh dip chhe lo tawh turin an zuah ve ʃhin. Mi ʃhenkhat chuan la hmun bik te pawh an nei ʃhin.

La kung chu a san zawng mihring dung cher vel a ni ber; feet 4/5 vel tihna a nih chu. A kung tak chu anthur kung te nen a intiat

vel a. A hnah chu *thum* thumin a parh kak a. Hniam te atangin tang peng a nei nghal a, chumi tang peng chuan hnah kau li te kau nga te a nei leh *theuh* a. Chumi a hnah kauah chuan a lo par *thin*. A par chu anthur par ang deuh bawh a ni a, a rawng engdang deuh a ni. A par a lo chuai chuan a rah a lo insiam *thin*. A rah chu a lo chan deuh chuan a kawr a lo sak deuh a, bial sawl deuh a ni. Zung hrang pathum te pali te a nei a, a zung te chu a inzawm pum a. A zungtin chhungah chuan lapaw nemin a mu pasarih laite a tuam muk tlat a. A rah a lo chan tak tak chuan buh seng zawh vel November/December velah a lo keh tan a, a chhunga lapua a mu tuamtu pawh chu a lo arh ta a. Chutiang chu la kung khatah tam tak a inkhai var *thuah* *thuah* *thin*. Chu chu *lipir* an ti leh tho *thin*. Tichuan, la kung khat hian la par chi hran vawi hnih a chhuah a nih chu.

La thing erawh hi chu a kum hlun a, a puitlinah chuan kum tuanin a parin a arh reng a, lapua erawh chu lafang te ai hian a khauh zawk a, lapui a pawl zawk a ni. Ngah turin, a kung a len avangin hmun neih zau a ngai a, miin an ching tam vak lo. Silhfena siamah

chuan, lafâng hi an duh ber a, la chi dangte
erawh hi chu rizai siam nante a tha ve a ni.

Tunlaiin silhfena siamah chuan kan buatsaih
ta mang lo va; amaherawhchu, rizai atan te,
awngphoh (Mattress) atan te, thutthleng phah
dup (Cushion) atan te la hi a tangkai em em
a. La chin kan uar chuan, phai lam atanga
la chhuak lovin kan ram leilung atang hian
kan la intodelh zo em em a ni. Tunah phei
chuan khawla la herna te, lasaina te a lo awm
ta a, kan ram mi ngei rizaiah leh thil dangah
te han hman hi a duhawm bik a, khawla la-
kaihna tha zawk te a awm hunah phei chuan,
puansilh siam nan pawh keimahni la ngei hi
kan la hmang chho zel ang chu.

LA-EN

La-en chu lapar a kung aṭanga an lak khawm hi a ni a. Kangver laia la an theh te a lo ṭo a, fur hlo thlawh chhung zawngin duat takin an thlo fai ve a. A lo ṭhang lian zel a, favangah a lo par a, a lo rah ṭhin a. Buh seng lai leh buhseng zawh lamah a lo arh ta ṭhin a. Chumi a lo arh chu lapar an ti a ni.

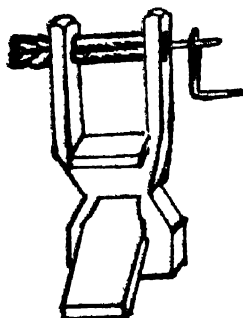
Lapar chu a arh ṭhat hle hnuaḥ an en ṭhin. A arh ṭhat theih nan ni sa ṭha tak a duh a. chuvangin nikangah la an ching ṭhin a, la ṭhat duhna ber chu mau hmun, nikang ṭha a ni ṭhin reng a ni. La an en chuan, lapar kha, a kung aṭangin, a par hnuaḥ an pawt thla a, a la par chauḥ an pawt thla a, êmah an phur khawm zel ṭhin a ni. La en nan hian dawrawn an hmang deuh ber. La parah hian a hnuaḥ ro them leh bawlhhlawh ilo a bet duh hle a, chutiāng tel lo thei ang ber chuan an lawr ṭhin a. Chutiāng an phurh khawm chu inah an phur haw a, dai huh lo hnawng deuh te a awm ṭhin avangin niah te an pho a, papui lianpui puiah te an chhung khawm ṭhin. Chu chu *la-hum* a lo ni ta a ni.

La par, a lapua leh a mu' thliar hranna a ni'. La par an dah khawm chu thlasik nisa ang et awtah chuan, luhkapi dawh zawlah emaw, hmun remchang awm ang angah emaw pher te, puan te phahin a chungah an pho thin a. Bawlhhlawh leh rannung bawmtu ilo awm apiang an thianfai thin. A la par (lapua) leh a mu' thliar hrang turin *herawtin* an her thin a ni.

Herawt : Herawt atan thing an tuk thin a, thing pahnih tawng khat vela sei, mum tha tak leh intiat tha taka suih mum a ni a, a hmawr lehlam ve veah a kelki inbar rem tur an siam a. A kelki inbar inrem chiah leh a dawt leha a thing suih mum inhne tawh chiah tura rua-hman a ni. A in pui chuan ban pahnih a nei a, a ban chu killi nei a ni a, a chung lam hmawr a'anga inch. hnih velah ker kuak a ni a, chu chu a kelki rawlh luhna tur a ni. A ban te chu ft. khat vela inkar hlaa tuk an ni a, chu-mi chin chiah chu a kelki tlawna a suih mum te khan an luah tawh a chu mite han nek rem tur chuan a hnuaiah a kamna thing suih pheh an rawlh leh a a tul eng tawkin an khengtawt thin a ni.

A herna mum pakhat zawk hmawr a kelki ni lo lam kha kut ding lama her turin sei zawkin suih a ni a, chumiah chuan a bân an vuah a. A bânah chuan kut ding lămin an her ̣hin a ni. Tichuan, thing suih mum pahnih in hne rem taka vuah te inkara lut turin la par chu an han barh a, a suih mum pahnih te chuan la par chu a lo ei lut zel a, a hnung lamah a chhuak zel a; a mu kha a lut ve thei lo va, a hma lamah a tla khawm ̣euh ̣hin a ni. Chutiang chuan la an her a, a la par leh a mu an thliar hrang ̣hin a, chumi a la chu *her sa* an ti ̣hin.

Herăwt

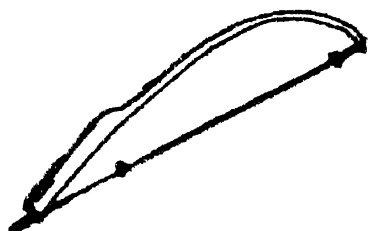


La hersa kha ti parh lehzuall turin *la-sai-in* an sai parh thin. La chu an han sai ctuan a lo chip derh a, a lo nem lehzuall thin a ni.

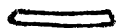
La-sai : La an saina hmanrua a ni. A siam dan chu hetiang hi a ni.— Raw chang chhah deuh phel emaw an hmang ber thin. Hlam khat tling lo deuh a tawk a. A vawнна atan a bul lam inches sawm vel an suih mum deuh a. A bak a ler lam chu sairawkherr hmawr lam ang deuhin an suih zuh a, tlemin an suih phok deuh bawk a. Sairawkherr anga kakh kur tur a ni bawk a; mahse a nem lutuk tur a ni lo. A hmawr berah chuan a hrui thlunna tur rêk an siam a. Chumi rêkah chuan la hrual fip, kak-chhun vela seiin lasai thal an thlung bet a.

Lasai thal chu rawchang tha tak chang khât tawk tak te tak te, ngil taka suih mum a ni. A sei lam chu a ngula a, vawнна lai tak thleng lo deuh, ban chen vel thelh a ni, ft 2½ vel a nih ber chu. A hmawr tawnah a lawk an siam a. Chumi lawkah chuan kan sawi tawh ang khan, a lasai fung ler atang khan an thlung a, a hmawr leh lam chu la hrual fip ft. khat vela seiin an hling a, lasai tung vawнна lam hmawr-

La saina



La sai perhūng



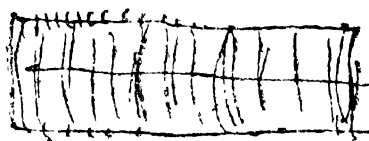
ah a filawr siamah a ngul kuai kur deuhin an
thlung a, chu chuan lasai thal kha mar tha
tawk takin a pawt mar a ni.

Chutia mar tawka thlun chu a perh fung,
inchi ruk (6) vela sei, kutzungte tiat vel raw-
chang suih phekin a thlun marna hruí hruah-
ah khan an perh an perh a, kut vei lamin a
lasai fung kha an keng a ni. Chutia perh perh
chung chuan lasai thal khan la hersa tlem te
chhuat fai taka an dah chu an zuk khawihtir
zeuh zeuh a, tichuan la chu an sai parh chip
derh a, nễm tak a lo ni ta thin a ni. Chutiang
lasai sa chu an chawn a, lazai siam turin an
kai thin.

Lasai chip sa la chawna siam turin, la-chawn fung leh a nuai thleng a ngai. Lachawn fung chu rairuang rai kuang a tha ber a, a mum tha a, a nal tha bawh a, chuvangin lachawn nan an hmang ber. Tin, a nuaithleng atan chuan, thutthleng emaw, thingphek engemaw, thilphek remchang apiang pawh an hmang thin. A nuai thleng chungah chuan la sai chip sa tlem te, chhah dan inruai takin khap chen vel an chhep darh a. A lai takah lachawn fung khan an zu nem a, tichuan a lapua chuan an nuai vial hnan a, bek taka nuai lovin, nghet tawh deuh siin an nuai zial thin a ni. A lachawn fung chu an phawi leh zel a. Chu chu la-chawn an ti thin. La-chawn chu tam tak an siam lawk teh a, chawnzialin an zial a, an dah tha thin.

CHAWNZIAL : Chawnzial chu raw phel sin te te mum tha taka suih tam tak ram khawm a ni, ft. khat vela hlai ft. thum vela seiin an ram phawt thin. A sir tawnah a tlang atan pheh hlai deuh an dah a, hmun thumah an ram thin a ni.

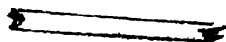
Chawn· zia l



Lachaw n fung



La chawn



Lachawn chu hmuiin an kai a, lazaiah an siam thin a ni. *Hmuu* : Hmui chu lachawn lazaia kaihna hmanrua a ni a, thingin an tuk thin. Bung hrang tam tak a nei ve thliah a, chung te chuan hming hrang an nei ve thliah a ni. Hetiangin :

- | | |
|----------------|--------------------|
| 1. A in | 9. A hmuithal |
| 2. A tlûng | 10. A hmuibeng |
| 3. A sut | 11. A hmui bur |
| 4. A mulep | 12. A mulep kaihna |
| 5. A bang | 13. Latui |
| 6. A kut | 14. Hmui lungdelh |
| 7. A chhuat | |
| 8. A tuanghrui | |

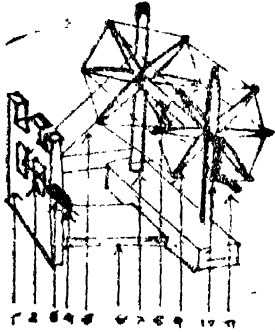
Lakai tur chuan kut ding lamin hmui kutah ding zawngin her tur a ni a. A mulep kaihnaah khan, a tuanghruiin a bangah hmuithal a pawt bet a. Hmuithal chu a beng pahnihah vuah a ni a. Hmui kut a, a inpui han vei vir khan a tuanghrui a pawt kal a, a tuanghrui kal chuan a hmuithal a pawt vir ve leh a ni.

Chutia a hmuithal vir hmawrah chuan lachawn hmawr te kha vir hnan tirin a lo kai tei a, lachawn kha kut vei lama ken a ni a, kut ding lama hmui kut vai vir reng! chungin kut

vei lamin lachawn chu an hnuk hla tial tial a, tichuan lazai a lo insiam thin. Ding lama a kut vai vir leh vei lama lachawn hnuk kal kha a chak lam pek tawn tawh dan a zir zirin lazai chu a sinin a hraw thei a. Puanthuah lam pang atan chuan hraw pui puiin an kai a. Chu pawh chu zai kawp tein an la hmang leh a, pawnpui leh puankawpah te an tah chhuak thin a. Puan te, pawnfen te, leh silhfen lang tur, inbel tur lampang erawh chu zai sin te tein an kai thin. Chutia an kaiha lazai lo insiam chu hmuithal, a hmui beng depah khan an thun khawm zel a, a thun khawm chuan hmui beng a va thlen loh nan hmui burin a lo dang a. Chumi an thun khawm chu, latui an ti a, lian tha tawh an thunin an phawi thin a ni.

Hman lai chuan hmeichhia zawng zawngin la deh hi an thiam vek tura ruat a ni thin a. Lakaih te hi hmeichhie naupang in nghakte hian nau awm pahin an lo zir thin a, nula puitling an lo nih meuh chuan chhungkaw silhfen leh puanthuah tinreng buatsaihtu leh tiphuisuitu an lo ni ta thin a ni. Amaherawhchu, thil tih engkimah hian themthiam dan a inchen lo va, lakaih te pawh sin nalh tak maia kai thiam bikte

Hmui



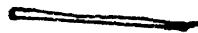
La tui



Dinlet



Hmui beng



Hmuithal



Hmui bur

an awm thin a, chutianga nalh tak leh sin taka la kai thiam te chu an ngrising bik thin.

La-dinlet : Latui, laduanga siamna hna hi La-dinlet an ti a. Hmuia la an kaih latui te chu burah an dah tha tuih a. A duang siamna tura an dinlet tur chu *Latui-dawh* in an thil a, latui-dawh chu mau them laphiarfung anga suih hi a ni. Tichuan an dinlet thin a, laduangah an siam a, an dinletna hmanrua pawh la-dinlet a ni ve tho a ni.

Khai le, la i han dinlet teh ang :—

La-dinlet kha kut vei lamin a ngul lai takah chelh la, ding lamin latuidawhin latui lek rawh le. Latuia a la hmawr kha i kut vei lam khan chelh bet tel rawh.

I kut ding lama latui khan ladinlet ban chunglam, a vei lam zawkah khan bat liam la, a hnuai lama a ban vei lam bawh kha a chhunglam atangin zu bat leh rawh. A chunglam ban ding lamah han la liam chho leh la i tak dep lamah la thlain a hnuai la ban ding lam kha zu bat leh rawh. Tichuan a tira i bahah bawh khan kal kual leh zel rawh. Chutiang hlira ti chuan latui 2 chu dinlet zawh vek tur a ni.

Latui chanve i dinlet khan a mitna siam tur a ni. Lazai khap hnih vel chhat la, i dinlet tawh chin daidan nan i dinlet tawh zawng zawng kha zu hreng la, a hmawr ve ve chu a sirah zep la. Chumi zat vel i dinlet leh hunah a mitna kha a hmawr tawn aʃangin la let ve ve la, a sirah zep leh la. Chuti zel chuan latui pahnih dinlet zawh chhungin a mitna kha vawi 3 i la let ang a; i dinlet latui 2 ralna leh a tira a hmawr i hmeh beh emaw, a ngula i thlun kha a mitna hmawrte nen suih khawm tawh la, hlip thla rawh.

Chutiang chuan latui hnih dang dinlet leh la, a hmaa mi nen hlin khawm tur a ni a; chu chu 'Mit khat' an ti ta a. Mit chi hnih a awm ta a nih chu. Chutiang chu kan pi te hovin laduang an lo siam dan chu a ni.

La dinleta dina, a ʃanna la hmawr leh a tawpna hmawr, a mitna la hmawr ve ve nena suih khawm hian hlum leh dawnah a hmawr zawn a ti awl a ni.

Khitiang khi tun hmaa kan Mizo nuten la aʃanga puan tah tur an lo buatsaih dan chu a ni a, a awl-ai lo hle nain fanau enkawl chungin, zing khuantevika thovin tui an chawi

a, buh dēng pahin ei rawngte an bawl a, chu bakah ram lama hna thawh an bang bik si lo va; vawk leh ar te vulh duah reng chungin chhungkua an lo thuam mawiin silhfen an lo inphuisui ye thei reng a, kan pi teho hi kan tluk lo hle hlawm a ni.

Tun lai chuan vai la deuh vek kan tah ta a. La-en aṭanga dinlet thleng hian kan ti ve ta mang lo va. Chuvangin, vai la tah tur buatsaih dan tlangpui chhui zawk ila :—

Vai la chu a mit an siamnate hi a tawi deuh thin a; chuvangin, chhum hmain tih thawl a tha a. A mitna la hmawr kha phelhin la dang sei zawka thlak thleng a nih loh pawhin zawm sei mai tur a ni. Tichuan, a mit suih dan pangngaiin suih ve mai tur a ni. Hetiang hian laduang zawng zawng kha siam fel vek phawt tur a ni.

Tunah puan pakhat rawng hlang lo buat-saih dawn ila. Laduang puan daih tura ruat zawng chu a mitnate tihthawl a nih hnu chuan laduangte chu hruiin thil khawm a, thawl takin suih tur a ni. La rawng hrang hrangte a nih chuan an rawng a inhnawih khawlo thin a; chuvangin, rawng hrang hrang chu a hranga hlin vek a, a hrang theuhva chhum a tha ber. Tun hma lam chuan la chhum khirh nan buhfai an hmang ber thin. Tunah chuan Atta te, Maida te a lo awm ta a. Hnang an nei tha zawkin a buh berh a awm lo zawk bawk a, an hman a awl-ai zawk a, la chhum nan hman an ni ta ber zawk a ni.

La chhumna tur chuan la zawng zawng chiah huh tawh tur tui chhuan tur a ni. A tihngangtu turin buhfai no huih emaw, chhang-phut (Maida emaw, Atta emaw no chanve) hman tur a ni. Buhfai chu la chhumna tuih thlak nghal a, chhumn chiah mai tur a ni a, a hmin pawh a, hnang a nei hunah la chu thlak mai theih a ni. La hi chhum fei a ni ve a, chuvangin tuihnang chhuanah chuan minit 4/5 te chu chhum tur a ni. Mizo la phei chu chutiang aia rei chu chhum so tur a ni. Amah-erawhchu, tuihnang a nih avangin, chawh fo

emaw, khai kâna sawp leh thin emaw a tha.
 Chutianga tih chuan a tuihnang khan lazai tin
 kha a chiah kimin, nakin zawh hnu lama a
 tawm leh tur pawh a veng zawk a ni.

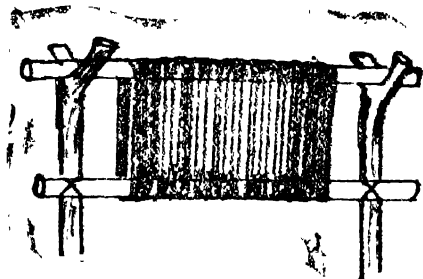
Tin, chhangphut hman a nih chuan chhang-
 phut fian 3 vel tui vawt tlemte chawh hmasak
 a, la chhumna tur tui chhuanso saah leih luh
 tur a ni. Chutah chuan la chu thlak mai tur
 a ni.

Chutia chhum hneh tawh chuan a hlinna hrui khan khai chhuah a, daihlimah dai turin rei lote khai tur a ni. Khawih ngam tawh a nih hunah a tuihnang tlen sawr thlak a tha. Chumi hnu chuan rawlawnah laduang chu bah luh vek tur a ni. Hei hi daihlimah buatsaih phawt tur a ni. Laduang hlin kha phelhin duang hrang hrang kha rawlawnah chuan dah darh a, phih vek tur a ni. Phih khan a tihniar a, a timar rual tha a, a buh leh chhangphut hlawn berh te a tiper chhuak a, a tifai duk thin. Tichuan, laduang chu pharh tha taka pharh vek tur a ni.

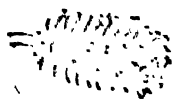
Pawn nisa hmun remchangah lazar ban, ban kak pahnih rawlawn khan theihna tawka inkar hlatin sawh phun ni sela. Chu ban kakah chuan rawlawn chu a la pharh sa nen chuan zar tur a ni. Tichuan rawlawn dang, a uai-marna lam etan rawlh phei a, a hmawr tawn chu ban kek bul lamah phuar beh tur a ni a. Rawlawn chuan la duangte chu a uai mar ngei tur a ni a. A mar rual theih nar rawlawn pahnihte chu an ngil tha em em tur a ni.

(1) Hemi tihmar dan hi chu duh leh rawlawn hmawr tawnah thil rit tawh khai ve ve mai theih a ni bawh.

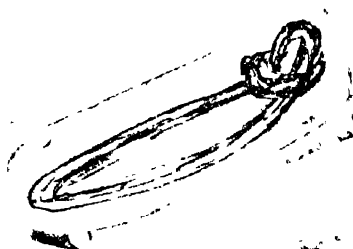
L1 zir



Lakhuilh



La duang



Lakhuilh phel



(2) Tunlai chuan thirtieng fai taka silin rawlawn aiah an hmang mai thin bawk.

(3) Tin, ban kakah rawlawn la mar tawkin perek khen a, bahtir mai theih a ni bawk.

Chutia lazar chhuah tak chu, lakhuihin, dim takin khuih hniar tur a ni. Ni ep lam chu khuih hniar a, rawlawn te chuan laduangho chu her liamtir zelin a hmabak kha khuih hniar zel tur a ni. La pharh kha a pharh that zawh poh leh a khuih hniar a nuam a. Tuihnanga hneh taka chhuma, sawr fu that zawh poh leh a khing thain a ro hma bawk a ni. Nghah ro pah hian khuih zel a, her zel tur a ni. Khuih hniar hi ngun em em tur a ni a. Khuih hniar that chu a hlum a nuam a, hlum zawh pawh a awl bik em em a ni.

Fimkhurna Tur : (1) La khuih laiin a mitna tihchah hauh loh tur a ni. A mitnaah hian la duang hmawr ve ve kha hlin tel a ni a. Hlum dawnin he lai tak hi zawn chhuah a, fimkhur taka phelh a, a duang la hmawr kha hlum tan nana hman tur a ni.

(2) Laduang lazai dang reng reng pawh khuih chah loh hram hram tur a ni. Lazai chat a tam chuan hlum hunah a lazai kal dik tak

hre fuh lovin chin buai a awl bik a, hna a sawt lo.

(3) Hniar tha taka khuhi lohva, a hlawm hlawm tea dah ro mai mai chu hlum hunah a hlawm inchârah a lazai pawhchah mai a awl a, a hmawr kal dik lova lak leh si chuan a in luh khalhin hlum a sawt thei lo bawh. Tin, a lazai tuihnangin a chiah mam zan tur kha a hlawm chin phelhnaah a hmul leh zo va, a zawi leh a, tah hunetan a nalh tha tawh lo duh.

Lazar chu a ro that chuan seng tur a ni, Duang hrang hrang kha pawh bilh theuhin dah khawm tur a ni.

La rawng hrang chhum dan : La chhumnaah hian la rawng hrangte hian rawng an inkai chhe vek thei a. Chuvangin, rawng hrang hrang kha a hrangin chhum vek a tha ber; mahse a buai thlak deuh a ni.

A var leh a rawng dalte chu a belpuiah chhumho zet a, a rawng luang nasa lo apiang thlak zui leh pawh a sual lo. A rawng luang chite chu hetiang hian tih a tha ang:- La chhumna tui-hnang kha no lien hrang hrangah lak chhuaha, la duang hnih khat lek lek hneh taka hmeh-chiah nan hman tur a ni. Uluk taka chhum hnan kher duh chuan belteah chhum hnan mai

tur. Chutianga rawng hrangte chhum chuan rawng inkai miah lovin a chhum theih mai a ni.

La pheī tur pawh hi chhum lohva hman ai chuan a tuihnang da lamah khan chhum ve a tha. Tui hnawihah tah dawnin a huh hma bik a, tah tlāk a awl bik a ni. Tui hnawih chiah loh pawhin a pheī khawh huhin khawhthei chhunga thunin rawlh ila, tuihnawih ang deuhin a tla duh sawt a, tuia chiah pawhin a huh hma bik bawk.

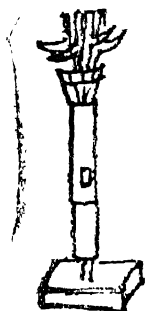
La chhum tawh chu hlum tur a ni ta a. A hlumna hmanrua chu SUVEL an ti a. Suvel hi chi thum a awm a; rua emaw, mau emaw leh a bul atan thing hman khawm a ni. Suvel chi thumto chu hengto hi an ni :—

1. Suvel hân nei : Hman laia an hman thin a ni. A bul atan thing an hmang a. A bur a awm a. Raw pum, a châng hmun khat huang-in a sir tawnah khap khat emaw ve ve zuahin tan a ni a. A ler lam chu duh chuan sin te tea zai thlerin an tah arh bawka, la hlum dah lăwk nan an hmang thin a. Bân pali a nei a. Chu pawh chu rua, a ƣang peng inches thum emaw pu tel tura tanin, chu lai hmang tel tur chiah chuan thliar thlak a, bân chen vela sei lak tur a ni. A bur ler lamah a chang chungah khan chumi a bân rawlhna tur chuan inch. khat velin awng pali rek a ni a; a awng pahnihte inzawn ve vea reh kuak a ni.

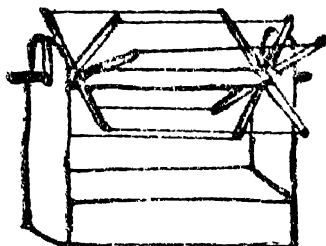
2. Suvel mulep nei : Hei hi mau emaw rua emaw, thing tlem leh la hruala siam a ni. Hmui mulep ang neia siam a ni.

3. Suvel kaihkul : Hei pawh hi rua, thing leh hrui hruala siam a ni. Rua kha sei deuh hlekin a ler lam hmun liah phel a ni a. Chu

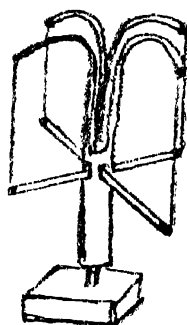
Suvel



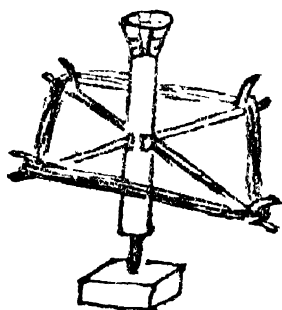
Suvel mulep nei



Suvel kaihkul



Suvel leh la hlum tur



chu thel mam a, suih deuhin kaih kul theih a ni. A burah khan a bản palte rawlhna siam a ni leh a. Chumi a bản rawlh hnuah a hmawr tawnah chuan a kaihkulte kha hrui hrual chuan thlun kul mai tur a ni.

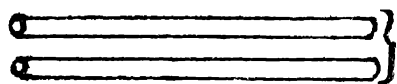
La h'um dan : Suvelah chuan la duang khat an bat a. A mitna aṭangin a hmawr an zawng a. A hmawr kal tur dik tak an hmuh hnu chuan lungte kezungpui tiat velin an hlum ta ṭhin a ni. La la hlum ṭhang lo tan leh la duang chat buai deuh hlum dawn chuan a mitna kha pawt dawka paih mai lovin a mit hlawm khat te tea phelh pheih zel turin suih khatin suiha dah ṭhat zel tur a ni. La chat hmawr hmuh fuh loh pawhin a mit thliarah keu thlain a zai kal tur zawn chhuah leh a, tluang taka hlum leh mai theih a ni.

La duang khat hi hlum khata hman a ni deuh ber a, duang hnih hlum khata hman pawh a ṭha tho. Mahse a banna turin faikhiat emaw no emaw a ngai lian deuh. La duang zawng zawng kan hlum zawh tawh chuan puan bản kan lo tlin ta a ni.

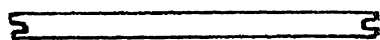
Puan banna tura hmanraw pawimewh chu 'Thembu' leh hnahchawi a ni. Puan ban hma chuan 'puan bu' an la ti lo va, 'thembu' a la ni rih a. Puan ban a nih hnuah 'puan bu' an ti chauh a ni. Thembu chu 'Zathu' thing aṭanga siam hi an duh deuh ber a, themtleng erawh chu Meihle kung chang aṭanga suih a ni a, herhse thing ril te pawh an hmang ve. Them-ṭangte chu a chang chuan raw chang ngil ṭha tak suih mum an hmang bawk. Thembupui atan 'rawthla' an hmang duh deuh a, sahthlau atan chuan 'châl' an hmang thung. Rawthla te, châl te hi an pan avangin lek velte an nuam a ni.

Thembu chu Ṭangphel vel (fit thum vel) a sei a ni ber a. Puan tah tur a hlai chuan a tlin tawh tura sei an siam chawp mai bawk ṭhin. Thembuah chuan a chi hrang, mahni tawka pawimawh ber deuh ṭheuh an awm a. Chungte chu an ṭangkaina leh an pawimawhna-te han tarlang ila:-

1. **Themtlang** : Thing feet thum vela sei inche khat emawa chhah, ngil tak leh mum ṭha taka suih mum emaw; kil riat neia suih emaw pahnih an ni.



Themtleng



Tainam, Themkawl



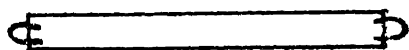
Thembupui



Tukrek



Themtleng



Kawngvawn



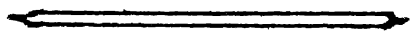
Sahthlau



Themtlengtê



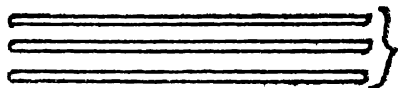
Themtuihnawih
leh no



Themper



Khawhthei



Themtang



Dawhkilh

Themtlang hi puan tung tur duh ang tawka seia banna leh tah chhunga tawlsawn mai mai thei lova zial nghettu leh thlung martu an ni.

2. **Tainam or themkawl :** Themtlang aṭanga puan tung tur sei tawk chiaḥ siamna a ni a. Puanbu, a tahtu kâwng lama kâwngvawna thlunna tur a ni. Themtlang chen chiaḥin a suih dan pawh inang reng a ni a, a hmawr tawnah kawngvawn hruin a bahna tur reh kak a awm a ni.

3. **Kawngvawn :** Puantahtu kawngah puanbu tainam aṭanga thlun behna a ni. Bawng emaw sial emaw vun pho ro a ni a. A hlai lam inches li vel leh a sei lam feet thum thelh, themtlang chen lo deuh chauh a ni. A hmawr tawngah thir emaw, hruipui hnâṅg emaw kûla vuah a ni a, chutah chuan kawngvawn hruia hlingin, tainam hmawr tawna reh kahah khan va thlun tur a ni.

4. **Thembupui :** Thembupui atan chuan mau emaw, rua emaw a châng khât deuh an hmang thin. Rawthlâ hi a châng a khât a, a chhah vak lo baw a, thembupui atan chuan duhthusam ber a ni. Hmelhem lo leh intiat tha deuh a ni tur a ni. Thembu dang chenin tan a ni

a, a na pawh an met mam bawh thin. Puan tung lazai zai khat zel kar thelha intah tur then hrangtu a ni a. Zai khat kar dan zel ami chu a chung lamah a awm a, a ker thelh zai dangho zawng chu a hnuaia lamah an awm a; chu mi a hnuaia awmho chu hnahchawiin a khai ve theuh thung a ni.

5. **Hnahchawi leh hnahchawi fung :** Puan ban lain a bulthuin la zai khat zel inkar thelhin a thlang a, thembupui chung leh hnuaiah a then a. Thembupui hnuaia tang tur apiang kha hnahchawi hruin a bat zel a; a hnahchawi hru chu themtangah a han bat leh zel a. A hnahchawiin a bah loh zel kha thembupui chungah a dah a ni. Hnahchawi hru atan hian la fei bik hman a tha a. Chuvangin, khawlla thinghlum hi a hman tlak ber a ni.

6. **Themtleng :** Puan tahna ber a ni a, a phei khawng nghet zeltu a ni. Hnahchawi khai apiang leh thembupui val apiangin themtleng rawlh a, a phei khawn ngheh zel nana hman a ni. Tin, khawn ngheh zawh apiangah themtleng hi chhawngin, la phei rawlhna kawng tiawngtu a ni bawh.

7. **Tukrek :** Puan tah chhah leh pan dan reltu ber leh vawng daktu a ni a. Puan kal chhia

siam thatna leh puan hlai lam a per nena intiata vawwna hmanrua a ni.

8. Themper : Puan duh hlai lam chanve tiat a ni a. Puan tah chhung zawnga duh ang tiat chiaha kap parha, intiata renga vawwna a ni.

9. Themtangte : Puan tung lazai inkalh chhiah nan te, hnahchawi fungahte hman an ni ber.

10. Sahthlau : Thembupui aia te deuh, a hmawr khing khat sahthlau zum a ni. Puan tah, a ze thlan hnahchawi khai leh vala rawlh zelna hmanrua a ni

11. Themtlengte : Thiam thlanna (ze thlanna) themtleng a ni. Themtleng ang deuh, te zei zawi, a hmawr zum bil deuhva suih phok a ni. Rua emaw, mau emawin an siam thin. Meihle pawhin an siam.

12. Dawhkilh : Thil ho te a ang na a, pawimawh leh tangkai tak mai a ni. Puan tung thai pharh rual nan te, themper vuahna tur vih awng nan te, ze zeha pir nante a pawimawh em em a ni. Sakuh emaw, saruh suih zum emaw a ni.

13. Themtuhhawih : Puan tah hi tui hnawih huhin a tla nghet duh bik a. A pheh rawlh thar zel kha hnawih huh zel tur a ni a. A hnawih nan chuan hmunphiah vui tlemte hi kut

zungte tiat lekin kakchhun chen vel chauha sei hi an ɬawn mum muk tlat a. A hmawr tawn chu an tan rual a. Noah tui tlemte an chhawp a, chutah chuan an chiah huh a, puan'tah lai takah hnawih huh nan an hmang ɬin a ni.

14. Khawhthei : Puan tah chu tui hnawih a nih loh pawhin a phei chiah huhin an rawlh ɬin. Chutia puan phei chiah huh sa chu chhuatah te a ɬâl bâl duh em a, chuvangin khawhthei chhungah an thun ɬin a ni.

Khawhthei chu châl emaw mau tak emaw-in an siam ɬin. A chang huang leh lamah an tan a, an zai mam miat a. A lehlam chu a châng tel lovin feet khat vela seiin an tan a. A lai takah lazai lak chhuahna tur an rek kua a, la phei huh sa zai kha an la chhuak ɬin a ni.

Thembu hi thing, ru leh mau tea siam an nih avangin hman loh lai pawhin hmun hul ɬa takah kawł tur a ni. Mi ɬhenkhatin fel taka ɬawnin ɬehlanah te, Sazuk 'ki, banga tarah te an dah ɬa ɬin a, a ɬa hle. Amaherawhchu, a bal duh deuh va, puan hlui hman vak tawh lohvin tuama ɬawn ni se a bâl lo vang. Themtleng phei chu puan zawh hlim khan sil faia dah ɬat a ɬa.

Puan bang turin a tlem berah mi 2 (pahnih) an ngai a. A bângtu leh a bulthu tur. A bângtu chuan a bâng ringawt mai a.

A bulthu chuan a hnahchawi leh, thiam thlan tur a nih chuan tahhruih thlante a thawk nghal a. A bulthut hi themthiam zawk hna a ni, chuvangin dan nâranin a rawng chawih te, a tial zat turte pawh a enkawl zawk zel a ni. Puan ban sei zawng, a hlai lam, a chhah dan leh a tahhruib thlan hraw leh sinte pawh a ruahman vek a ni deuh fo. Chuvangin, puan bulthu thiam tak chu puantah lama hmeichhe themthiam an ni deuh zel a ni. Puan bulthu thiam tel lo chuan puan a bân theih hauh loh a ni. A bulthu thiam an awm erawh chuan naupang te te te leh mipa te pawhin an bâng thei mai zel a. Mi dang an awm ngang loh phei chuan kawlpui a banna siamin mahni pawhin a bân theih mai. Mahse a muangchan thlak deuh a ni.

Puan ban dawn chuan themtlang thlunna turin bangrelah âwm thleng vela sangah themtlang hrui thlunna an siam a. Themtlang hrui chu pahnih, inkar hla deuh themtlang hmawr tawn khai thei tur tawk leh a fual dan inchen-

in an suih a. Chumi themtlang hruiah chuan themtlang pakhat rawlh tur a ni a, hmawlh sei deubin a sir tawnah emaw, a lai takah emaw kam kân deuh tur a ni.

Puan bangtu tur chuan faikhiet emaw, no remchang emawin a ban tur lahlum chu a keng a. Hmanlai chuan lahlum lian pui pakhat an keng a, puan ban a muang duh hle a. Tunah chuan dan naranin lahlum pahnih an keng a, thenkhat bulthu themthiam tak kut rang deuh phei chuan hlum lia ban pawhin an hnahchawi hman tho mai.

Puan ban tur lahlum hmawr chu tai-namah suihkaihhlibin an thlung a, a bangtu chuan, faikhietin lahlum a chawi a, chung lam aŋangin themtlangah a han bang liam a, hnuai lamah la thlain tainam chu a hnuai lam aŋangin a bât chho va. Chutiang zel chuan a tawp thlengin an bang thin. Lahlum a chah leh a ralin a dang an zawm zel tawh mai-a ni.

Tainama bah luh kha a harsat deuh avangin bulthu kiang ding lamah lahlum chhawkna remchang siamin a bangtu chuan a zu chhawk a, a hlum dang a bulthuin a lo pe a, chu chu a han bang leh a, a chhawk masak kha a bulthuin a lo

la a, a bangtuin a chhawk leh khon a faikhr t
ruakah a lo pe leh zel a ni. Chutia a ban cahoh
zel kha bulthu chuan a lo hnahchawi a, tahhruih
thlante a lo buatsaih pah zel thin a ni.

Kawlpui : Tunlai chuan a bulthuin kawngvawn
a vawng lovin, kawlpui si min puan an bang
thin. Kawlpui hi Mizo chuan p. wnpui ban nan
an hmang deuh ber thin a, pawnah tuah rem
deuhah ban phunin an siam thin a ni. Tunlai
chuan puan engpawh ban dawain inchhungah
pawh thutthlengsei bân neiah a sei lem tlin tawk
mau phuar betin kawlpui a hman remchan
theih zel a, thil remchang tak a ni. Thutthleng
ah khan a bulthu chu a thu ngh. l a, thawh a
tul pawhin a thawh chhuah sen mai thei ta a
ni. Hetianga kawlpui a ban hi chuan mahni
pawhin a inbân chawp theih mai a ni.

Puanbul-thu hnathawh te :

1. H: ahchawipui : Puan bangtuin puantung tur
a ban kha a bulthu chuan zai khat zela inthlak-
in themtang pahnihah a kalh zel a, zai sawm li
vel ban hnuah, themtang chung zawk chu them
bu puiin a thlak ang a, themtang hnuai zawk
chu a hnahchawi ang. Themtang awmnaah
hnahchawi lazai a thun ang a; a hmawr vilvalak
siamin hnahchawi fung tur themtang rinawm

deuhah a bat ang. Latung zai khat zel inkarah hnahchawi hrui a zu pir chho ang a, hnahchawi fungah a bat lut zel ang a. Hnahchawi hrui chu thembupuiin a val mar tawt turin a thlah dul tur a ni. Chutia thlan hmasak ho a hnahchawi zawh chuan lazai ban thar epiang kha hnahchawi leh thembupui atan a lo buat-saih zel tawh ang.

Kut vei lamin hnahchawi hlum a keng ang a, ding lamin puantung lazai ban chhoh kha zai 2 a hum ang a, zai khat chu hnahchawi hlum khan a bat ang a, hnahchawi fung leh thembupui hnuaiah a chhiah ang. A lazai pahnihna chu hnahchawi fung hruai thembupui chung h si khan a dah ang. Chuti zel chuan a ti ang a, hnahchawipui khan lazai a hnahchawi thar zel khan hnahchawi fung themtang kha a chhak lam leh a thlang lamah a inchhawkin a kal blen ang.

2. Tahhruih : Tahhruih thlan nghal a nih chuan thembupui chhakah themtang pahnih a dah ang a. Chutah chuan puang tung lazaia hnahchawi zawh zel kha zai 4 emaw 6 emaw 8 emaw, a dub zat anga tam turin a inzat vekin a inkalh tir ang a, themtang pahnihah chuan a chhiah lut nghal zel ang. Chu chu puan ban

zawh hnuah en mar vek tawh hnuin a hnah-chawi ang. Tahhruih thlan hi *changel thlin* an ti bawk.

Puan chu chutiang chuan a hlai lam tur a duh tawk a nih thlengin ban tur a ni a, an duh tawk a nih hnuah an ti tawp thin a ni.

3. Thembu thlak leh en mar.

En mar : Puan ban zawh chuan thai pharh a, a bu thlak tur a ni. Puan ban lain lahlum lak kawkalh palh a awm thei a. Chuvangin, tainam (themkawl) zuiin themtlang khing khat rawlh a, zawi tein hrut chhoh tur a ni. A inkalh a awm loh chuan thlak a ngai lo va, a inkalh a awm chuan thlak thleng tur a ni. Kawlpua ban a nih chuan tainamin thlakthleng tur a ni. Tichuan, kawngvawnin vawn tawh tur a ni. Tin, puan tur duh ang hlai lam tiat tawk turin thai pharh tur a ni a. Themtlangah leh tainamah a inang rengin a pharh tur a ni.

4. Laivawm : Puanbu chu zial hmain a lai tanna tur chhinchhiah tur a ni. Themtlang a tangin a chungah kutphah bawk teh thlakin, chu mi takah chuan lehkhathui emawin chhinchhiah tur a ni. A nih loh leh, tainam bul a tangah teh chhohvin, puan tur sei lam duh tawk aia zung

4 bawk vela seiah chhinchhiah tur a ni. (Lai tan hun tah thlenin teh leh a tha) Thembupui-in hnahchawi val awng a, themtleng rawlh in 'tahdan' tur themtang emaw, hnangdil emaw rawlh tur a ni.

Hnahchawi khai leh va' : Kawngvawn kha tlema tak lama chawi chhohva dahin hma lamah mahni awn luh deuh tur a ni. Tin, khup tawm deuhvin puan vawn kha tih dul tur a ni. Tichuan, kut vei lamin hnahchawi fung lai takah khain, kut ding lamin vei lama khaina zawnah zungtang pali khan a chhaka themtang rinchhanin thembupui chu kut zungpuiin zu kheuh bilh tur a ni. Chu chuan a thembupui chung kha a nam mar ang a, a hnahchawihlo zawng kha a inkhai chho ang.

Chutah chuan kut ding lam khan themtleng phawia rawlh phei tur a ni. Themtleng kha a tirah a lai takah emaw, a hmawr lek kân theih-na tawkah chelh tur a ni. Tichuan, rawlh phei pahin sep sawn hret hret tur a ni. Rawlh zawhah zawi tein hnahchawi thlah rualin vawn mar leh nghal tur a ni.

Themtleng chu kut khing hnihin a hmawr tawnah vawn tur a ni a. Puan vawn tidul deuh hlekin zawi tein hrut thlak tur a ni. A phei belh nghet turin vawi 2 emaw, vawi 3 emaw

khawn tur a ni. Themtleng chhawngin a phei rawlh tur a ni. A phei rawlh hnush vel leh tur a ni. Thembupui kha hnachawi thlenga kawih thlakin, a chung leh hnua a inthentir leh a, chu chu 'val' an ti a ni; chu mi vel awngah chuan themtleng rawlh leh tur a ni a. Zawi deuhin hrut thlaka khawn leh tur a ni. Vawi 2/3 khawnin themtleng chhawn a, a phei rawlh leh tur a ni.

Chutiang chuan tahden pahnih or pathum tah zawhah a phei rawlh tur a ni. La phei p ngngai inchi $\frac{1}{2}$ (chanve) vel rawlh hnush rawlh vual, la zai 10 lai kawp khawn rawlh a, tah tak laphei pangngai a tah kar dan zelin rawlh vual tlar thum emaw rawlh tur a ni. Chumi tah lai chuan a per hlai lam duh tawh chih khan per tur a ni. Hemi chin zawng hi a per thleh an ti.

Tahhruih thlan a nih chuan hetih lai hian hnachawi fel tur a ni. Hnachawi tung reng reng hi ngil tha tak a tha. Khawng tha deuh, kul mai lo tur leh mam tha tak, a hnachawi hrui laa vialpui lo tur ni se a tha ber.

Thembu thlak: Tahhruih hnachawi chaw zawh chuan thembu thlak tur a ni. Hetiangin:

1. Themtleng chu valah a inrawlh sa a.
2. Thembupui chuan tahhruih hnachawi kha

val chho la, themtang rawlh pheih rawh.

3. Hnahnchawi khai la, themtleng phawi lovin thembupui phawi zawk rawh.
4. Thembupui chu hnahnchawi khaih rawlh tur.
5. Thembupui chuan tahhruih hnahnchawi val chho la, tukrek rawlh pheih rawh.
6. Thembupui phawi la, themtleng awmnaah rawlh la, hnahnchawipui kha val chho rawh. A val awng hnahnchawi chhak lamah chuan themtleng rawlh la.
7. Thembupui kha phawi leh la, themtleng awm taknaah chuan rawlh la. Chu chu a hmun dik tur, puan tah chhung zawnga a fanna tur a ni ta. (Hetah hian themtang rawlh ve la, tukrek leh a chhak bera themtang nen fawn khawm rawh).
8. Hnahnchawi thlangah themtleng chu rawlh la, a hmun dik a ni leh ta.

Puan chu chutiang chuan a tah zar zar theih ta a ni. (Mi tam takin tukrek hi a chung berah an dah thin a. Mahse, khawih thluk a, a pharh khawih danglam a awl em em a. Hetia themtang pahnihin a laitah hian a tlu bar em em a, puan hma a rual reng duh a. Tin, tukrek hi a khup zawngin dah ni se, puan khai a thembupui nam nan a nuam zawk baw).

Puan ban hian puan hma a chhia kan tih chuan puan tung sir ding lam leh vei lam a in sei hleih tihna a ni. A ding lam tawi hi puan hma a chhing kan ti a, a fual zawk chuan puan hma a fual kan ti a ni. Hei hi a ban lama fimkhur thiam loh vang a ni.

Puan ban dawnin themtlang hmawr tawn leh a zawna tainam or kawlpui sir tawn puan in a awh tur chin kha teh tur a ni. Ban chhung zawnga inchen chiaha dah reng hi a pawimawh a, puan ban pawh mar ngai renga a mar chuan a hma a chhe lo thei. Mahse, puan hma hi a ban hmasak lama vei lam hi a tla dul duh hle a, a hnuhnung lam, a ding lam hi a mar duh hle a ni. Hei hi puan ban kalhmang a ni tlat mai. Chuvangin kawlpui ding lam kha themtlang atangin inches khat emawin hla zawk sela, ban zawhah a vei lam nen a inruat tawk duh khawp mai.

Tin, puan ban hi a pan tawk tur anga pharh phei zel lovin, chhah takin khawm bet phei zel ila puan ban zawh thleng pawhin khap vel chauh awhin khawm chhah ila. Chumi thai pharh leh chu a hma a in lahlei duh lo hle. A tha viau duh a ni.

Tin, puan tah laiin mi thenkhat chuan t'awh chhan tlawh uar bik lam neiin puan hma a n vawng chhe thei bawk. Themtleng khawn nat hleih avang pawhin puan hma a sang hlei duh hle b. wk.

Tin, puan pherh pan hleih avangin puan pheii a tla hlei a, chu chuan puan hma a ti sang hlei thei bawk a.

Puan tah laiin hnahchawi khai a, thembu-pui nemna lai hi khawih pan bik a awl em em a. Tin, themtleng phawina lam hi a inkhawm chhah duh hle bawk a. Chu chu ven thiam a ngai em em a ni. Chumi ven that loh a, a pan hlei chu 'puan a kal chhia, a kal hlei' te kan ti a.

Chutianga puan kal hlei chu a tukrek a tanga uluk taka siam a ngai a ni. Puan thai pharh tan tirhah pan rual sela. Chu chu tukreka h vawn dik reng ni sela a tha duh.

Puan hlei lam tur duh tawka themper siam tiat chiahin tukreka h puan tung chu pharh ve tur a ni. Chumi chu a inruai reng a, a pan lam pawh inruai renga a awm chuan puan a kal chhe lo ang. Them phawina lam (dan

naranin ding lam) hi a chhah duh bik avangin tukrekah pawh dah pan deuh hlek ni sela a tha.

Puan kal chhia— a ding lam lo chhah bik siam tha turin a zawn chiah tukrekah khan a tung chu thai pan tur a ni. Mahse a per aia hlai zawnga thai chuan a siam tha lo. A per nen a tukrek a intiata dahin a lai lamah thai pan phei mai zawk tur a ni.

A tlang sir a pan bik hle a nih erawh chuan a per aia hlai hret pawhin tukrekah, per khat vel tah chhung chu dahin a chhah rual veleh a per tiatah thai rual leh vat tur a ni. Hetiang siam fel thiam hi puan tah themthiam tak hna a ni. Hetianga puan pan leh chhah, a rual leh rual loh te leh them hma sawi leh ngilah te hian themthiam hna a lang hle a ni. Ze zeh thiam mai hi themthiamna a ni lo a ni.

Puan tah chak takin puan mawl hi a ban ni nen ni thumah te an zo thei. Mi naranin ni 4 ni 5-ah te an zo. Hei hi thil dang tih pah leh tih pah lohah a inthlau em em a ni.

MIZO PUAN BUATSAIH CHI HRANGTE

1. **Pawnpui**: Hei hi khum puanthuah pui ber a ni a. A tung atan la hraw pui puiin an kai a. Kawlpuiin tual hmun remah an bang a, an

tah baw k a. Mi pehnih emawin a hnahchawi khai tē, a pawr zehte an tih rawn thin.

Nula pasal neite hian an keng ve thin.

2. Puankawp : Hei hi mut puan baw k a ni. La zai hraw tak taka kaih baw k a ni a. Dan naranin bawhtah tē, zai kawpa malkalh te sa pumpui an tih tēin an tah.

3. Pawndum : Mizo hmeichhe pasal neiin ma-thei lova an chhawm tel a ni. Hei hi chu sin chi lam a ni a, a zai an kai hraw vak lo. Mah-se zai sin uluk taka kaih chu a ni lo.

4. Tawlhloh Puan : Hei hi hmanlai chuan mi huaisen puan a ni. Mi huaisen pasaltha chuan tawlhloh puan hi an kawr tawng hak a, ral leh sapui hmaah pawh hnungtawlh lo tura huaisen an ni tih a entirna a ni.

5. Puan rin : A tung var pan taka ban a ni a, a dum leh a vara rawlh tial a ni. A phei hi thaihruiba thai vek a ni a. A var lai apiang hi tah tak anga tah a ni zawk. Tun lai erawh chuan a tungah a dum, a phei tam zawk pawh a dum hman an ni a. A var lai tlemte chauh thai hruiba hruih a ni ta zawk. Hei hian hna a ti awl zawk em em a ni. Hman laia an in-cheina puan ropui pakhat a ni ve.

6. Thangchhuah puan & diar tial : Khuang vawi 3 chawi emaw sahrang kah tur bi ruat ang kap kim tawhte hi 'Thangchhuah' an ni a. Chutiang mite chan chin a an sin bik puan tial mawi a ni. A laiah zia an zep nghe nghe a ni.

A tam ber a dum a ni a, a hringte, a sen te a var tea awmze nei taka ban tial a ni a. A laisen hmun 3 a awm a. Chu mi sen lai takah chuan a var ban a ni leh a, chutah chuan pir chawp zia zeh a ni thin. Tin, a dum laiah chuan zung 2 bawk vel zela inkhâtin a var zai 10 lek lek a sen zai 10 lek ve vein an bang tial bawk.

7. Puan chei : Hei hi Mizo puanah a ropui ber leh a hlu ber a ni. Hman lai deuh chuan 'puan laisen' an ti a. Puan varah a laiah chauh hian a sen an bang a, a sen chu a eng leh a hring leh a dum tein an kil a. Chutiang chuan an chei bawl danglam hret hret zel a, tuna 'puanchei' kan tih hi, a rawn inlet chhuak ta a ni.

8. Ngotekherh : Puan a dum leh a vara in-tial, a tuipal leh a taka a дума tial a ni e, a dang zawng zawng a var a. A phei pawh a varah a tung tialna dum ang tiat thliata rawh tial leh a ni a. A hmawr tawnah zungpui

hmet velin a duma thai hruih ve ve a ni. A tak bung thuma thentu hmun hnibah zung 4 beng laiin (3 inches vel) thaihruih a ni bawk. He mi thaihruih laite hi sin chuan khel zawn ve veah a awm tawk thin. Ngotekherh a nihna lai tak chu he mi thaihruih hlai tantirh leh tawpna chiahah hian rawlh hnih ve ve hi a dum leh a var rawlh inkar thlaka tial a ni a, hei tak hi Ngotekherh a nihna a ni.

9. **Puanhlap :** Puan sin chi, hlutna bik nei lo, puan satliah ho hi puanhlap an ti thin. Eng-emaw tia cheibawl lem loh, hming bik pawh nei lem lo hi a ni deuh.

Dan naranin, a ngo emaw, tuipal chauha rawng dang emaw, Mang puan tuala tial chi hrang hrang emaw a ni ber thin

10. **Mang puan tial :** Puan tuipala rawng dang hlai deuh emaw nei a, a tak pawh khat deuhva tial, a tialna pawh te deuh, intiat zel a ni a. A phei pawh chuti bawka tial ve tho chu a ni. Tun hma lam kum 30/40 inkar vel khan an ching hle. Tunah pawh an la sin ve tho na a, an uar vak lo.

11. **Puan tlang chawih :** Hei hi puan chei mawi nan ze thlan hnahchawiin an siam a.

Puan hmawr tawnah a chawih mawi nan an tah thin. Chu mi atan chuan ze thlan hming hrang hrang a awm a lengbuangthuam, disul, fawngtelaivel, pangpar, Zâwra bang, laihroi suih, disul kaihpuum etc. te a awm.

12. Siniar zeh : Hei hi chu tun hnai deuh lawka hming phuah thar a ni. Tahhruiah thlanah rawng hrang hrang zeh khawm a ni.

13. Pangpar zeh : Hei hi tahhruiah hnahchawiah pangpar zia an zep a ni. Vai lam thiam thil, Graph paper-a Cross stitch-a thui atana thil leni, a bikin pangpar lem an ziaak hi Mizo nula ten an lo zep ve mai a ni.

14. Puan ropui : Hei hi tun laia puan zeh chawp chi thar ber a ni. Tahhruiah zeh chawp chi rawng hrang hrangin, a kikiau te, kikiau pumte zeh dan chi hrang hrangin an zep a ni.

15. Pawnfen : Fen thuah, ke rek thlong, eng-emaw tia tialte a ni. Kâwngah kâwngchilhin an chilh thin. Khup thlong chauh a ni. A zia atan lenbuangthuam te, Hmârâm te, Kawkpui-zikzial te, disul te, chawngnawk (Pawi zia lam)-te pawh an hmang bawk thin.

16. Diar : Diar naran, pa hovin an khim thin, an lukhum ve ber a ni. Diar tial a awm

ve leh a; 'thangchhuah' diar leh 'lal' diar te an ni.

17. Kawr lam : Hnathawh kawr leh Kawr chei (Vai kawr zeh) te an ni.

18. Ipte lam : i) Ipte pui
 ii) Khiangkawi iptē (Ipte chei)
 iii) Pangpar zeh.

Heng bakah hian duh chuan puan leh mamawh dangte pawh an tah bawk.

Hnam a lo changkang zel a, hnam dang zia rangte hmuin incheina mawi zawkte ngaih-tuah chhuah zel a lo ni a.

Hman lai chuan puanah zia an zeh pawhin tahhruih te hi an hman lo va, an lazaite kaih chawp a nih avangin a sin ve lo bawk a, a zai an chhiar mai a. Kawkpuzikzial tih ang reng te pawh zai mal te te a chhiara thlan a nih avangin thlang thiam an tam lo hle a. Chuvangin mi thlan sa, hi an zawh veleh, a hnahchawi tichhe lovin, a chung leh hnuaiah an tan khelh a, puan ban tharah te an zawm thin a ni awm e. Tin, ze thlang thiamte hi thaa rullh tein an inruai bawk thin. Puan ngo hlawhte pawhin an inruai thin. Chutih hun laia an ze thlan hnahchawi ber chu lenbuangthum leh kawkpuzikzial te hi an ni mai awm e. Fawng-telaivel nen.

Tin, ze chi hrang hranga tab chhoh paha zeh te pawh a zai mal chhiara, dawhkiha pirin an zep zel thin a. Chutianga pir chawp ze zeh chi hrang hrang te chu — fanghmamu, muthla kawi, mitmu rual, halkba, sawmhal, sumtoh (Phaiphuleng) kikiau, harzai te an ni.

Khing zeh kan sawi tak te atang khian mi themthiam lo chhuak zel ten tahhruih hman

jangkai nachang an lo hria a. Ze thlan chi thar tam tak an lo siam chhuak a. Vailen hnua lehkha zir te a lo nih hnua phui chuan heng thiam thlante pawh hi a tihdan thar tha thate, rawng chi hrang hrang mawi zawka chawih dante an lo hre ta zel a ni. Tunah phui chuan thiam loh a hleih a awm ta lo emaw tih tur bial a ni ta.

Zeh dan chi hrang hrangte : Puan cheimawina turin ze zeh dan chi hrang hrang pali a awma. Chungte chu :—

- (1) Pir chawp;
- (2) Tahhruih (Changel thlan) a Zeh-kikiau, si-niar, sakeizangzia, sumtoh.
- (3) Tahhruih aŋanga thlan hnahchawi siama khai.
- (4) Them bupui chung tahhruiba a them bupui chung lam chauha ze siam, hnahchawia khai ve tho.

Heng ze thlante hi tun hma chuan a thiam-in an thlan tawh ontawn zela thlan thar ve zel a ni mai a. Tun lai chuan graph paper-a zia a, chu mi en chuan thlana zeh theih a ni ta vek mai a ni.

1. Pir chawp : Hei hi puan teh laiin zia zep tura hnahchawi lawk emaw, chhiah lawk emaw

awm lovin, dawhkilha pir chawp zelin an zep a. Duhna laiah duh ang zia rilrua nih dan tur hre sain an zep mai a. A phei rawlh apiangin themtleng chungah zel pirin an zep a ni. Chutianga zeh chuan thembupui chung leh hnuai kha themtlang chung a an awm lai velin a hmang tawn a. Chuvangin, a puan lehlahmah chuan zia a lang ve lo. Chuvangin puanin letling lam a nei thin. Hetiang zeh thin, hmanlaia ze hming neite chu kikiau, muthlakawi, mitmurual, fanghmamu, halkha, sawm hal, harzai, Tlingi leh Ngama inchhawlthuaia, phai-phuleng te an ni a. A peih leh thiam chuan lenbuengthuaam te, disul te pawh pirin an zep bawk. Hetiang pirschawpa zeh hi chu puan tluan tluanah an zep lo va, hmun tlem deuhvah te an zep duh deuh. Tin, a zeh tur pawh tawi te tein an chhat a. Latlei siam chuang lovin an zep mai.

A chang chuan puan vang tluana an thlen chawp chang a awm a. Chutiang atan chuan themtlengte hman a ni. Tah tak themtleng taka rawlh khawm zawh apianga ze thlan nana rawlh phei ve ziah a ni thin a. Tawngka lamah pawh mi dang thil tihnaa lo inrawlh ve thla zen mite hi "Themtleng t^ê zawk ang mai, a lo inrawlh

ve zen zel a," an ti thin a ni. Eng emaw kawngah chuan hnawksak anga sawina ni mah se, eng emaw kawngah chuan tangkaina a neih cheng a awm bawk.

2. Tahhruih : Hei hi changel thlan an ti bawk.

Tahhruih hi tun hma lam atang tawhin thaihruih ngotekherh hruih ang chi hruih nan hian an hmang thin. (Hruih tih hi 'kherh' an ti bawk a).

Thaihruih : Thaihruih hnahchawi chhakah thembupui val awngin thembupui val chhoh emaw, a chhiahna themtang emaw dah tur a ni.

Chu mi hnu chuan tahhruih hnahchawi chhak zawk khai a, a thembupui dah tur chu phawi lovin dah reng tur. Tichuan tahhruih hnahchawi thlang ta zawk kha khai leh tur a ni a; chutah chuan sahthlau rawlh tur a ni. Chu mi sahthlau chuan val awng a, themtleng-in hnahchawipui hmawrah rawlh pheih tur a ni. Chutah chuan themtleng chhawna a hruihna tur lapheih rawlh leh tur a ni.

Chu la pheih chu pawt mar lovin, a lai takah kut zungchal emaw, dawtkilh emawa pirin, themtleng chhawnna zawn vel thleng khan dah kul tur a ni. Themtleng chhawn chu phetin

tahhruih hnahchawi dang thai leh a, a val awngah themtleng rawlh leh tur a ni. Themtleng chuan a phei kûl kha dim deuhvin hrut thlak tur a ni. Hrut thlak lai hian puan tlema vawn dul deuh hlek tur a ni. Chutianga tih chuan a phei kha tahhruih hlawm tin khan a rawn tah bilh chhuak hlek theuh a. A dul hlei a awm chuan siam rual zel a, tichuan, a rawlh tam tak indelh khawm, uluk tak, bit taka thai phui zel khan a tung lang lovin, a phei rawng ang ang khan puanah a lo lang zawk thin a ni. Chu chu thaihruih an tih chhan chu a ni.

Hetianga tahhruih thlan hi a sin leh a hraw thu chu puan tung a chhah leh a pan a thu pawhin a zir ve bawk a. Zia duh sin chuan tahhruih atan puantung zai kal indawtin zai 4 zel hlawm khata hmangin chung leh hnua atan thlan kar thelh phei a ni. Duh hraw chuan zai 6 ve ve, zai 8 ve ve tein an thlang a. Hetianga a thai hruih hnahchawi hi ze chi hrang hrang thlan chhuahna to bul a lo ni ta a. Puan tlang par thlan hnahchawi chi hrang hrang thlan nan an hmang ta a ni. Lenbuangthuam, disul, Tlingi leh Ngama, Zâwra bang, herhsawp, phengphelep leh a dang tam tak hi tahhruih atanga thlan a ni. Tun lai chuan kıkiau ze hrang hrang te, siniar zia te hi tahhruiah an zep bawk.

Pangpar zeh : Pangpar leh miləm chi hrang hrang pawh Graph papera ziaak chi hi puana zeh chhuahna atan tahhruih hi hman a ni bawka. Hetianga par zehna tur chuan, a par a lan fiah nan tahhruih thlan hi zai tam hleia thlan a tha. Zai 4 leh zai 8 inthlan kar thelha hnahchawi tur a ni a. A zai hraw zawk zai 8 tlar zel hi khaia hman tur a ni.

Tin, a per tura la zeh ve thung kha a tah hruih thlan a hrawah chuan, zai chhah hraw ve deuh mai emaw, rawlh nawn tam mai emaw a tha. Dan naranin vawi 2 zeh nan an tãh tak tlar 1 zela tah danin a mawi duh bik a ni.

Thembupui chung thlan : Puan ze thlan chi lenbuangthum tih ang chi zingah par te leh mawl deuh, hnahchawi ngai tam vak lo chi te chu thembupui chung chauha thlangin an hnahchawi ve tho va. Chu chu puan rawlh mawi nan an hmang thin.

La rawng hrang hrang han chawh pawlh vel hian themthiamna puitling leh puitling lo a lang duh khawp mai. Mi tam takin puan tãh thlan leh zeh chu a tih ve theih zel mai a ni. Mahse en zawh pawha en leh tul thin, a neitu leh a sintu nihve atana itawm, mi mir mit tlak rualna khawpa rawng chawh thiam chu harsa tak a ni.

Rawng chawh thiam hi a pawng ataka inzirtir theih chu a ni lo viau. Mihring mi hrang hrang mawi tihzawng a inang lo va, thenkhatin rawng dal deuh lam inchawh khawm mawi an tih laiin, thenkhatin rawng tak leh duk lam inchawh khawm mawi an ti a. A nih loh leh thenkhatin rawng inhrul deuh indep mawi an tih laiin thenkhatin rawng inper san inkâp êng site an duh a.

Hnam dang vai lam leh sap lam rawng chawh phungte hi a kal hrang deuh tlat a. Mizo rilru chuan sap lam rawng pek phung hi kan duhzawng ve zawkin a lang thin.

Hetieng hring tak, eng tak leh sên lar inchawh khawmte hi mawi kan ti tlang lo deuh thin. Heng rawngte hi a dangte tilartu atan chuan an tha hle thung si. Chuvangin, a kah-paha an tel ve zel chu a tha si a ni.

Tin, rawng phum hi, a phumna puan tak nen a inmil dan ngaihtuah tur a ni.

Rawng duk lam apiangah rawng reng reng hi a lang fiah duh hle a. Tin, rawng dal lamah rawng tak zehin a langsar ve leh thung. Puan tak, rawng dal lamah a zeh atan a dal lam leh a var emaw zeh tam chuan a da lutuk a, a mawi har. Chutiang bawkin a tak rawng mukah zeh rawng duk aiin a dal leh a lar a mawi. Tun hma lam chuan serthlum rawng te, vaki rawng te, a dum te, a ukte hi an hman mang lo hle. Tun lai erawh chuan, a phumna hmun thiam azirin puan rawng chawh timawi theitu a ni tlat mai. (Insu lo turte : A var leh a dum, a hring leh van rawng pawl te, a paw dang leh a dum te).

Pangpar zeh rawng chawhah chuan thil hriat sa chu— a hnah hi a hring a ni ngei thin a, a par chu eng rawng pawh a ni thei. Tin, pangpar laimuah hian a eng a awm deuh ziah bawk. Engin a chhun lam apiangah rawng dal hman a, a hlim lam apiang rawng duk or thim hman tur a ni. Pangpar takah a hring a awm ngai lo angin, a hnahah a sen te, a pawl te, violet te a awm ngai lo. Amaherawhchu, a par pum pui rawng chi khata rawih vek chu a awm thei bawk.

Hna thawh tinrengah hian themthiam bik hi awm a ni vek mai. Eng hna pawh hi thawk ila kan thinlung taka tha tak leh mawi hnai tak tih chhuah tumna kan neih phawt chuan kan kutchhuak chu a thain a mawi deuh nge nge ang. Mi thenkhat thil han tih a, "A hminga a pum ve tawktawktaw phawt chuan," tia pawhchhiat deuh taka thil ti mi an awm thin. Chutiang mite hna chu a tha ber a nih ngai loh rin tur a ni. Chuvangin, thil tha tak dehchhuah kan duh chuan kan rilruah a tha thei ang ber kan tum tlat fo a tul tih hre phawt ila.

Puan tah thuah pawh hian hna dang ang bawkin rilrua tumna, chu chu ulukna ti ila, kan neih a pawimawh em em a ni. Puan tah kan han duh phat atengin the tak leh mawi tak kan duh phawt a tul a ni. Tha tak leh mawi tak tah chhuak tur chuan eng anga thawh tur nge a nih chu kan rilruah kan ngaihtuah zui ngei bawktang. Puantah kawngah hian mi themthiam chu eng anga thawk mite hi nge ni ang le?

Ken ziahtawh zawng zawngah khan Mizo puansilh siam kalhmang chu kan ziahtawh chipchiar ang reng hle tawh a. Khatianga tah theuh theuh kha kan hna, kutchhuak chu a inang lo

hle ang le. Chuvangin themthiam kan tih ang chin tling tur chuan hetiang hian lo chik ta ila: Puantah a themthiam chu—

1. A kut hnu a mam. A puantahah khawn vual te a pheï lazai tawmte a awm lo.
2. A kutthlak a rual. A puantahah khawn tlak hleih te a awm lo. A tlak dan a inrual a ni.
3. A puantah a tla tha tawk. A khawng nghet tawk a ni.
4. A puantlang sir a rual tha thin. A pheï a rawlhin a pawt lut hlei ngai lo va, a phâr beng a awm lo.
5. A puan hma a rual tha thin. A chhah hlei lai a awm lo va, a kut ding leh vei a khawng tla hlei chuang lo. Tin, a ban lai pawhin a hma a veng tha tihna a ni bawk.
6. Ze thlan a thiam. Pir chawp emaw hnah-chawi tur emawa ze hrang hrang thiam hi themthiam hna a ni.
7. Thai hruih (kherh) a thiam. Thai hruih thiam tak tak chu an hruihah pawng hlei a awm lo va. Zawh hnuah a kai tawm lo bawk.
8. Ze zehah rawng chawih a thiam. Rawng chawih thiam hi a tul em em a ni. Hna harsa

tak tam tak thawk ve si a, mawi hauh si lova puan tah chhuah hi thil awm thei leh thil ui-awm tak a ni.

9. Ze zehah a hmawr a thup tha bik a ni. Mi thenkhatin zia an zehin a hmawr thup an uluk loh avangin an puan zeh harsa leh mawi tak kha a mawi rei lo thin. A pawr an thup that loh chuan a lang lam kha a lo pawr ve ma thin a ni.

10. Puan bul thut a thiam. Hei hi a pawimawh em em a ni. A bulthu hian hnahchawi leh tahruih thlan te, puan hma rual leh rual lo te a en nghal thin a ni.

Kan sawi tak ang khan puan tah thuah pawh hian hetiang kawng hrang hrangah hian ulukna rilru kan neih a pawimawh fo. Kan puan tah a lo that tawh loh chuan kan that leh hreh tur a ni lo. Thil tih fel tawh loh that leh hreh avanga kal tlang pui hi a hnu lehah kan hna tihmelhemtu a nih fo avangin kan that leha kan siam that leh peih zel chuan kut hnu tha, themthiam nih hlawh mai theih a ni.

Thil tih fel tawh lo that leha han siam that leh ngat hi exercise (insawizawina) tha tak a ni. Rilru a sawizawi a, kan hriat chian phah bawh a. Puan tah hi mi tam takin thata siam

that leh peih loh a awl hle a ni ang. Zia zeh pheì chu a sual ang ang sin tak mai mai hmuh tur a awm tam hle. A langsar dub fû leh nghal si a. Thui tak tah hnan hnua hmuh chauh a nih erawh chuan that leh harsa tawh chin chu a awm ngei mai. Mahse, puan uluk tak tak a nih leh langsar lai tur a nih chuan inches 3 te, 4 te pawh that leh hram ila, a sin chhunga 'tihsual a ni' tih sawi fo ai chuan a bahdam thlak zawk mah a ni.

Zeh hmawr thup hi mi tam takin an uluk peih lo thin a. Thil harsa lo te a ni. Hetiang-in ti ila :—

A zeh tur zai hnih a nih chuan sei deuh chhat ila, a laiah thlep ila. Chu mi thlep kulah chuan tahhruih hlawn khatah phih bat ila, a pawr a awm ngai lo.

A tawpna lamah chuan a zai kawp kha zai khat ve vein la ila, a zehna dawt chiaha tah takah khan a inhawisanin zep ila, tah hnan mai ila, a tha khawp mai. Keu phel kher lo pawh-in a chhah lutuk dawn loh chuan tah hnan mai a pawl lo. Chutia tah hnan lohva hleh mai chu rei lo teah a dawh leh a, kan hnathawh sa kha that a ni leh mai a, a tlo lo a ni.

Hetiang te te hian uluk taka thil tih duhna leh tum ruhna hian themthiam min nihtir a. Mi hna thawk tura inhlawhna thilahte pawh fak hlawh a lo ni nge nge a, thawh tur hmuh tamna leh thawh mante pawh phut san ngamna a lo ni zawk thin a ni.

Hetianga ulukna kawnga theihtawpa kan beih chuan kan Mizo puan tahte pawh hi keimahni khawtual mai leh ram chhung mai bakah ram pawn lamah pawh miin an lo duh ve telh telh ngei ang. Kan Mizo themthiamna hi mahni intodelhna maia duh tawh lovin Mizo ram pawn bakah India ram pawn pawh deng phak turin tan lak a thain a hun em em a ni.

Tunah pheichuan kawnga vawn kher loh pawhin handloom-te pawhin kan Mizo puan kan tah tam ve ta hle a. Handloom aia rang zawka kan thiam hunah pheichuan kan ze thiamte hian khawvel den chhuahtir kan tum thei a ni.

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